

CNA TODAY



Fall Issue



October 2023



Fall Activities

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Personal Protective Equipment (PPE) & Oral Care and Feeding Review

Print out these life-saving infection prevention reminders for your handwashing stations, breakrooms, and restrooms.....page 3



Nurse Educators, CNA Spotlight, & Activity

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Fall Activities

Checklist and Recipe



FALL CHECKLIST

GET YOUR FLU VACCINE



MAKE AN APPLE PARFAIT

WEAR A FALL SWEATER



REGULARLY PERFORM

HAND HYGIENE



PICK A HALLOWEEN COSTUME FOR YOU (OR YOUR PET!)



ENJOY A PUMPKIN SPICE

LATTE





RECIPE


Apple Parfait

Apple parfaits are an easy fall dessert item that doesn't require an oven!




Ingredients

- 1 cup of Greek yogurt
- 1 cup of granola 

- 1 apple, cut into bite-sized pieces 

- 2 tsps of honey
- 1 tsp of cinnamon 

Steps

-  Wash your hands.
-  Layer yogurt, granola, apple, and honey into a cup.
-  Top with some cinnamon.



Personal Protective Equipment (PPE)

Donning



DONNING PPE

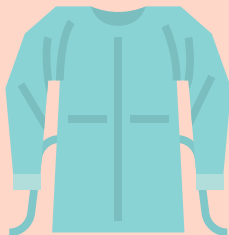
CLEAN-BODY-NOSE-EYES-HANDS



1

Clean your hands

Use alcohol-based hand rub until it is dry. If hands are soiled, thoroughly wash them with soap and water. Make sure to scrub between your fingers, under your nails, the back of your hands, your thumbs, and your wrists!



Protect your body

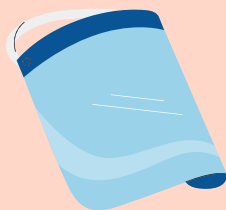
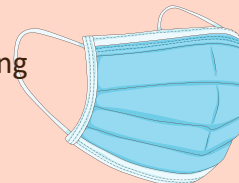
Put on a gown. Tie all of the ties on the gown or snap all of the buttons.

2

3

Protect your nose and mouth

Use a surgical mask or N95 respirator (depending on your type of anticipated exposure) to cover your nose and mouth properly.



Protect your eyes

Use a face shield or goggles to protect your eyes.

4

5

Protect your hands

Put on a pair of gloves. Gloves should cover the cuff or wrist of the gown.



Personal Protective Equipment (PPE)

Doffing



DOFFING PPE

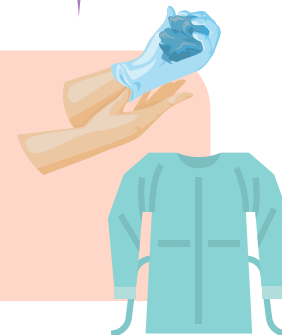
HANDS/BODY-CLEAN-EYES-NOSE-CLEAN



1

Remove your gloves and gown

Remove your gloves first (they are considered the most contaminated pieces of PPE), then your gown. It is sometimes preferred to move both gloves and gowns at the same time. Throw away gloves and gowns in an appropriate trash container.



Clean your hands

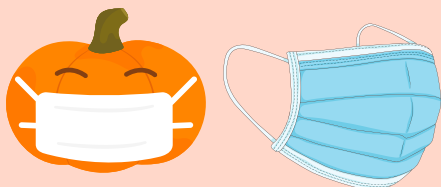
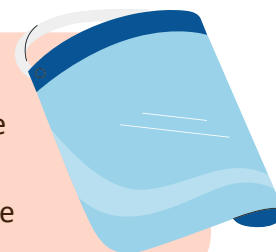
Use alcohol-based hand rub until it is dry. If hands are soiled, thoroughly wash them with soap and water. Make sure to scrub between your fingers, under your nails, the back of your hands, your thumbs, and your wrists!

2

3

Remove eye protective gear

Remove your face shield or goggles. Do not touch the front of the face shield or goggles. Note: If you cannot safely remove your gown while wearing a face shield or goggles, then you can remove your face shield or goggles before removing your gown.



Remove your mask

Remove and discard your mask or respirator. Do not touch the front of the mask or respirator while removing it.

4

5

Clean your hands

Use alcohol-based hand rub or soap and water. Make sure to scrub between your fingers, under your nails, the back of your hands, your thumbs, and your wrists!





Oral Care and Feeding

Oral infection signs and symptoms



Identifiable Signs

This spooky season, you can help look for these possible signs of oral infections while brushing your residents' teeth.

Toothache

Unusual bad breath or dry mouth

Fever

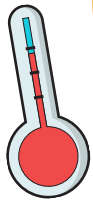
Bitter taste in mouth

Swollen or bleeding gums

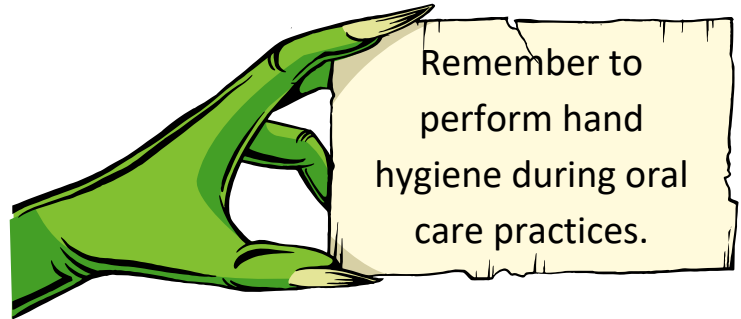
Changes in color of gums, cheeks, or palate

Sensitivity to hot and cold temperatures

Appearance of lumps on tongue, cheeks, or gums



Proper oral care can prevent diseases, including cardiovascular disease, diabetes, malnutrition, and pneumonia.



When performing oral care or feeding, make sure the resident is elevated at least 45 degrees

If you observe any of these signs, contact your nurse supervisor.





Nurse Educators

Meet Project Firstline staff!

California's Project Firstline is a small but mighty team. Get to know our Nurse Educators; reach out via email - ProjectFirstline@cdph.ca.gov.

I am a public health nurse passionate about infection prevention and control. I graduated with my BSN from Northeastern University in Boston, MA, before working in cardiology and then street health nursing in East County, Bay Area. Prior to my role with CDPH, I worked at a local public health department for various programs. I currently am in the process of obtaining my Master of Public Health (MPH). In my spare time I love getting out in nature and traveling to new places.



**Shannon Malindzak,
RN, BSN, PHN**



**Aurora Avalos,
RN, MSN, PHN**

I am a passionate and dedicated nurse educator with over 13 years of nursing experience. Currently, I am a nurse educator at the CDPH HAI Program with Project Firstline. I have 6 years experience in medical-surgical nursing and 6 years in public health nursing. I completed my BSN in 2013 at the University of Phoenix and MSN with a focus on nursing education in 2020 at Holy Names University. I am motivated by the passion to teach and help others, and to empower and inspire nurses to positively affect health outcomes and the well-being of the entire community. In my spare time I enjoy learning new things, sharing time with my family, traveling, hiking, reading, and walking my two chihuahua dogs.



CNA Spotlight

Nominate a CNA!

**Know a CNA who deserves special recognition?
Tell us about and nominate them to be featured in the next
issue. [Nomination Form](https://forms.office.com/g/JhE54bz3Ey) (forms.office.com/g/JhE54bz3Ey)**



Who can I nominate?
A supervisor or fellow staff can nominate a stellar CNA who works in a California healthcare facility.



When are nominations due?
There is no deadline. Nominations are collected on a rolling basis.

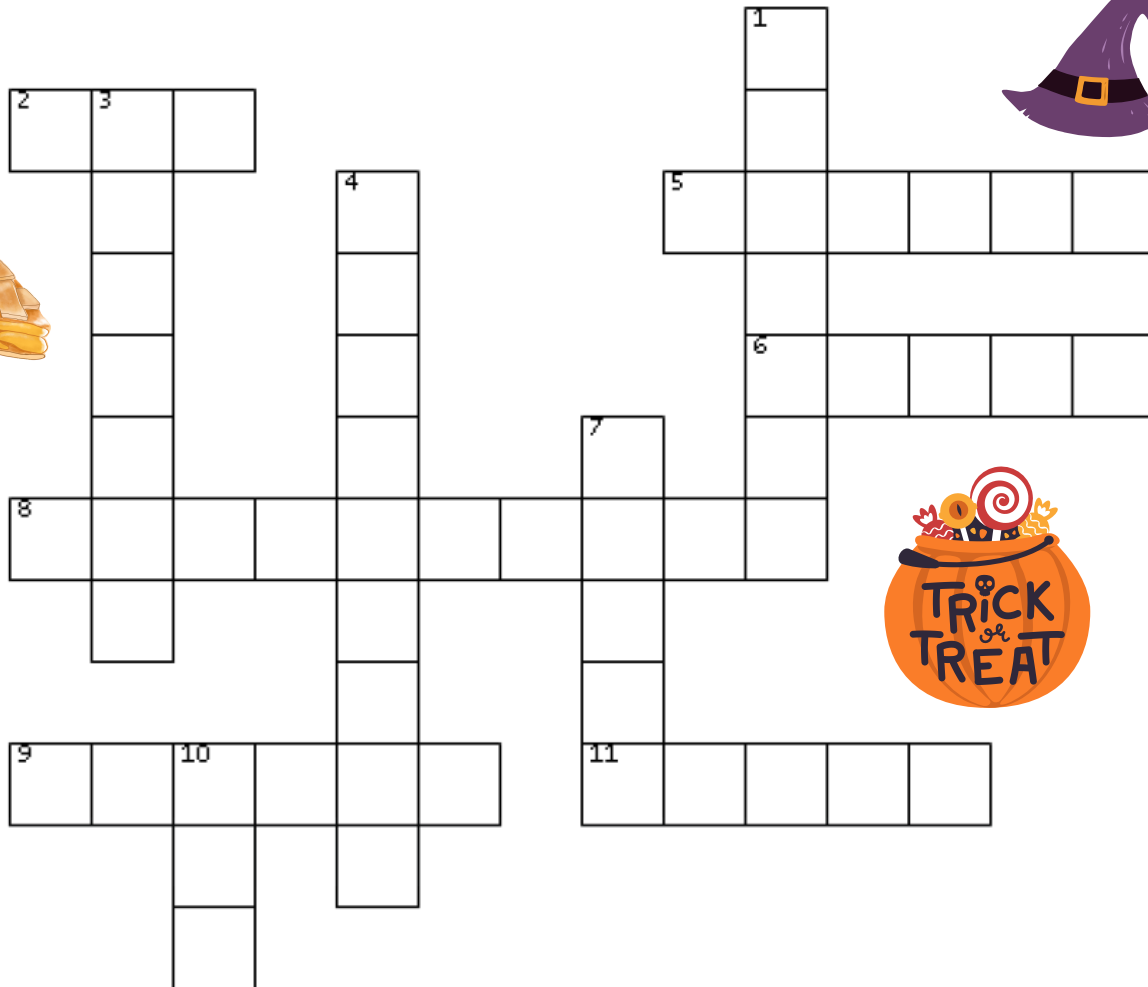
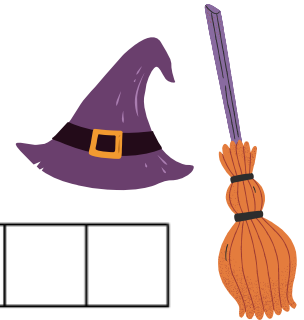
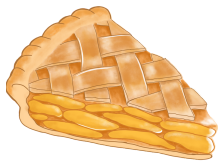
Is there is a limit to how many nominations I submit? Though we can only feature a handful of CNAs in each newsletter, there is no limit to how many nominations you submit. We want to hear about all the CNAs who excel in their roles!

How long does it take to submit a nomination? 5-10 minutes



Mindfulness Activity

Fall Crossword Puzzle



Across

2. Nothing by mouth
5. Lying on the back
6. Trick or _____
8. The beginning sign of a pressure sore is when the skin becomes _____
9. Used to protect your hands
11. Swelling due to fluid gain

Down

1. _____ house
3. _____ spiced latte
4. October 31st
7. Lying flat, face down
10. Who says, "Whoo whoo"?

Across: 2. NPO, 5. Supine, 6. Treat, 8. Discolored, 9. Gloves, 11. Edema
 Down: 1. Haunted, 3. Pumpkin, 4. Halloween, 7. Prone, 10. Owl



About the HAI Program



The **Healthcare-Associated Infections (HAI) Program** in the California Department of Public Health Center for Health Care Quality oversees the prevention, surveillance, and reporting of HAI and antimicrobial resistance (AR) in California's hospitals and other healthcare facilities. Unfortunately, infections acquired as a result of receiving health care remain a public health problem; most HAI are preventable by following infection prevention care practices.

Learn more about the HAI Program: [HAI Program Website](http://www.cdph.ca.gov/Programs/CHCQ/HAI/Pages/HAIProgramHome.aspx)
(www.cdph.ca.gov/Programs/CHCQ/HAI/Pages/HAIProgramHome.aspx)

Want a refresher on
Infection Control
Practices?



Please visit us at: [Project Firstline Website](http://www.cdph.ca.gov/Programs/CHCQ/HAI/Pages/ProjectFirstline.aspx)

(www.cdph.ca.gov/Programs/CHCQ/HAI/Pages/ProjectFirstline.aspx)

Questions? Reach out to us at: ProjectFirstline@cdph.ca.gov

Project Firstline is a national collaborative led by the U.S. Centers for Disease Control and Prevention (CDC) to provide infection control training and education to frontline healthcare workers and public health personnel. The California Department of Public Health Healthcare-Associated Infections (HAI) Program is proud to partner with Project Firstline, as supported through Strengthening HAI/AR Program Capacity (SHARP) funding. CDC is an agency within the Department of Health and Human Services (HHS). The contents of this presentation do not necessarily represent the policies of CDC or HHS and should not be considered an endorsement by the Federal Government.

